

Charles Hay Physical Education

November 2007

-November is a great month to “Get Moving!”
Challenge yourself and your kids to move.

Ideas included:

- Playing at the park
- Parking further from the store when shopping
- Chasing the dog
- Playing tag
- Joining a team

The above gets your body strong and healthy

The following are ways to increase your thinking skills.

A few ideas are:

- Playing at the park
- Parking further from the store when shopping
- Chasing the dog
- Playing tag
- Joining a team

See the connection between the two lists?

Wow—The latest research continues to remind us why physical activity helps the mind and body!!! Next time you want to figure out a tough problem - take a ½ hour walk. If you want to improve your handwriting - dribble a basketball.

Have a great month developing healthy habits!